

# Oatmeal Mix-Ins

## Instant Oatmeal

To prepare a half-dozen bags, first combine 4 cups of old-fashioned rolled oats (not quick-cooking oats) and 3/4 teaspoon of salt in a blender, grind them (in two batches, if necessary) to the consistency of wheat germ. Scoop half-cup portions into separate resealable plastic bags. Flavor each one (try the mix-ins below, or make up your own combinations).

## Mix-Ins

***Apple Cranberry:*** 1 teaspoon of packed brown sugar and 1 tablespoon each of chopped dried cranberries and apples (can just make apple cinnamon as well)

***Brown Sugar and Spice:*** 1 teaspoon of packed brown sugar and a dash each of ground cinnamon, nutmeg, and clove

***Cinnamon Raisins:*** 1 teaspoon of sugar, 1 tablespoon of raisins, and a dash of cinnamon.

***Pecan delight:*** 1 teaspoon of packed brown sugar and 1 tablespoon of chopped pecans.

***Blueberry:*** 1 teaspoon of sugar, 1 tablespoon of blueberries, and a dash of cinnamon.



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